

Safe Sleep Checklist

Nursery Environment and Set-Up

- Baby's nursery or sleeping space is a smoke free environment
- There are no pillows, stuffed animals, blankets, or bumper pads in the crib or bassinet
- The Mattress is firm and intended for baby's sleeping space
- The mattress fits snugly into the crib with no gaps between the mattress and the sides of the crib.
- The sides of the crib are not drop-down sides
- The crib or bassinet sheet is fitted, light, and breathable.
- The crib is in good condition and has no missing parts or sharp edges
- The crib isn't close to windows, cords, or other potential hazards.
- The room temperature is set between 68- and 72-degrees Fahrenheit
- Windows and Doors are equipped with sensors
- Adjustable lighting is present to dim the room while the baby is sleeping and bright during playtime.

Baby Sleep Safety

- Baby is safely placed on their back to sleep
- Baby is wearing correctly fitted clothing, and enough layers to keep them warm, but not too many that they are sweating.
- If baby is swaddled, swaddle is used correctly and can not slip up over babies mouth or nose.
- Baby is not left in the crib to sleep with a bottle in their mouth
- Baby is free of jewelry, clips, bows, or any other choking and strangling hazards